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Physical Training

Carl J. Kroh

Individual Gymnastics

I. Suggestions as to direction of necessary attention and work.

The first essential of all physical development is nutrition. If the nutrition of the child were carefully studied, and some knowledge of what is essential for the proper assimilation of food obtained, the results of effort toward a better physical development would be much more satisfactory. The following course is outlined for the winter and spring quarters. The amount of food consumed daily by the child will be at first estimated in only a general way by averaging daily servings. Later more accurate work will be obtained. The condition of the blood—amount of haemoglobin, and number of red corpuscles—will be found from examination. This data will be combined with the measurements of the body, and thus some interesting and valuable results can be obtained which will furnish a more comprehensive and accurate basis for future study. This study includes the co-operation of the mother and considerable home attention. The following table is a guide:

Name	-----				
Date	-----				
Amount of food	-----				
Proteid					
Fat					
Carbohydrate					
Total					
Calories					
Blood					
Haemoglobin					
Corpuscles					

II. Results of measurements, physical defects.

Caroline Crawford

What are the most prominent defects needing special attention? This question must of course be answered in every individual school, but if the answer includes the same things in general, and if the number of children needing such individual attention to overcome mal-development is large, then the conclusion which must be drawn is that the conditions at home and school are not yet conducive to the best development of the child. Here is the basis for our future study of the physical development of the child.

From the Fourth to the Eighth Grades, inclusive, there are scheduled as a result of examination the following defects, which are prominent enough to demand constant attention and remedial treatment:

- Forward head, 10.
- Flat chest, 4.
- Hollow chest, 4.
- Prominent scapulæ, 11.
- Low shoulder, 6.
- Hollow back, 10.
- Irregular hips, 5.
- Lateral spinal curvature, 2.

There is emphasized in this outline the lack of attention, or the wrong direction given to the position of the child when standing. All motor work in the school—reading, singing, writing—must be an opportunity for emphasizing the standing position. Good standing should be a habit, learned as a child learns cleanliness, and it is as much a part of personal hygiene.

The analysis of standing will be the next subject treated of under individual gymnastics in the COURSE OF STUDY.

References: Atwater and Benedict, *Experiments on the Metabolism of Matter and Energy in the Human Body* (U. S. Experi-

ment Station Bulletin No. 6); Atwater and Langworthy, *Digest of Metabolism Experiments in which the Balance of Income and Outgo was Determined* (U. S. Experiment Station Bulletin No. 45); Atwater and Rosa, *Description of a New Respiration Calorimeter and Experiments on the Conservation of Energy in the Human Body* (U. S. Experiment Station Bulletin No. 63); Atwater, Woods, and Benedict, *Report of Preliminary Investigations on the Metabolism of Nitrogen and Carbon in the Human Organism* (U. S. Experiment Station Bulletin No. 44); Randolph Faries, *Practical Training for Athletics, Health, and Pleasure*, pp. 71-81; Robert Farquharson, *School Hygiene and Diseases Incidental to School Life*, pp. 37-73; M. Foster, *Text-Book of Physiology*, pp. 379-386; Foster and Shore, *Physiology for Beginners*, pp. 128-151; Mrs. L. E. Hogan, *History and Present Status of Instruction in Cooking in the Public Schools of New York City* (U. S. Experiment Station Bulletin No. 56); Wm. Howell, ed., *American Text-Book of Physiology*, pp. 213-306; H. Huxley, *Lessons in Elementary Physiology*, pp. 143-168; Jordan and Hall, *Digestibility of American*

Feeding Stuffs (U. S. Experiment Station Bulletin No. 77); D. F. Lincoln, *School and Industrial Hygiene*, pp. 19-23; New York State Reformatory (Elmira), *Eighteenth Year Book*, pp. 140-150; F. L. Oswald, *Physical Education, or the Health Laws of Nature*, pp. 27-73 and 226-241; E. A. Parkes, *Manual of Practical Hygiene*, pp. 203-224, 225-290 and 294-368; J. E. Pilcher, *First Aid in Illness and Injury*, pp. 70-76; E. H. Richards, *Cost of Living as Modified by Sanitary Science*, pp. 65-81; Snyder, Frisby and Bryant, *Lessons in Boiling Vegetables and the Composition and Digestibility of Potatoes and Eggs* (U. S. Experiment Station Bulletin No. 43); Snyder and Voorhees, *Studies on Bread and Bread-Making* (U. S. Experiment Station Bulletin No. 67); Julius Uffelman, *Manual of Domestic Hygiene of the Child*, pp. 13-109; C. E. Wait, *Dietary Studies at the University of Tennessee in 1895* (U. S. Experiment Station Bulletin No. 29); C. E. Wait, *Nutrition Investigations at the University of Tennessee in 1896 and 1897* (U. S. Experiment Station Bulletin No. 53); A. D. Waller, *Introduction to Human Physiology*, pp. 248-289; W. H. Williams, *Chemistry of Cookery*, pp. 313-324.

Home Economics

Alice P. Norton

Pedagogic School: The work of March will complete the course on food given to the training class. No attempt has been made to present a thorough course in cookery. The aim has been to illustrate principles, and to give to the students an insight into the subject which will enable them, if they choose, to do further study by themselves, and to enter into the work of the special teacher with whom they may be connected in their teaching.

The work for the latter part of February and the first of March will be on yeast bread, and baking-powder mixtures. Special topics will be assigned to different members of the class. The outline of work is as follows:

I. Yeast.

1. Definition:

A simple one-celled plant, of minute size, reproducing by means of budding.

2. Form and structure:

Oval in shape; consisting of a cell wall of cellulose filled with protoplasm.

3. Conditions favorable for growth.

(a) Moisture.

(b) Food:

Proteid.	{
Mineral matter.	

Sugar.

(c) Temperature of 20° C. to 30° C. (68° F. to 86° F.).

4. Changes caused by growth.

Yeast is a ferment, and as a result of its life processes changes sugar into alcohol and carbon dioxide. In the process of bread-making starch is changed into sugar, and authorities differ as to whether this change is produced by means of the yeast, or by a ferment present in